

Almost Vegan Pizza (Serves 4)



Ingredients:

Crust/dough:

- 120.0 grams Wheat flour, whole-grain
- 120.0 grams Wheat flour, white, all-purpose, enriched, bleached
- 240.0 grams Sorghum
- 1.5 grams Salt, table
- 40.0 grams nutritional yeast (B-12 often included, not included in analysis below)

Sauce:

- 50.0 grams Oil, olive, salad or cooking

200.0 grams Tomato products, canned, sauce, with onions
10.0 grams Garlic, raw
1.5 grams Salt, table
5.0 grams Spices, oregano, dried

Toppings:

100.0 grams almond cheese
100.0 grams Spinach, cooked, boiled, drained, without salt

Preparation/Cooking Instructions:

Mix dough ingredients, needing into a ball and then into a pizza crust on a pizza pan.
Mix sauce ingredients and spread evenly on the pizza crust dough.
Top with spinach and then with grated almond cheese.
Bake @ 475 deg. F. for 20 minutes or until cheese & crust begin to brown.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.27603656
Sweetness: 0.0052535865
Sourness: 0.03661648
Bitterness: 0.17146523
Umami: 0.121612936
Richness: 0.08999376

Glycemic Load & Inflammation Profile (Per Serving):

Inflammation Load: 327.80966
Glycemic Load: 12.023243
Complete Protein (grams) 4.6481586

Nutritional Content Per Serving:

Protein : 21.088001, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 21.665998, g
Carbohydrate, by difference : 102.45501, g
Ash : 4.7523746, g
Energy : 647.0875, kcal
---Energy : 2707.7, kj
Starch : 0.185, g
Sugars, total : 1.3601251, g
---Sucrose : 0.911375, g

---Glucose (dextrose) : 0.05375, g
 ---Fructose : 0.036625, g
 ---Lactose : 0.0, g
 ---Maltose : 0.01, g
 Alcohol, ethyl : 0.0, g
 Fiber, total dietary : 13.38375, g
 Water : 80.78962, g
 Caffeine : 0.0, mg
 Theobromine : 0.0, mg
 Galactose : 0.014375, g
 Calcium, Ca : 164.73, mg, OUT OF BOUNDS: TOO LOW VS. 333.3333251953125
 Iron, Fe : 8.023475, mg
 Magnesium, Mg : 150.2575, mg
 Phosphorus, P : 468.57504, mg
 Potassium, K : 888.74756, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875
 Sodium, Na : 590.4975, mg
 Zinc, Zn : 2.227375, mg, OUT OF BOUNDS: TOO LOW VS. 3.1333333969116213
 Copper, Cu : 0.5564125, mg
 Fluoride, F : 9.465, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 2.4047253, mg
 Selenium, Se : 33.192005, mcg
 Vitamin A, IU : 3069.6875, IU
 Retinol : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 300.0
 Vitamin A, RAE mcg_RAEVitamin A, : 153.5625, RAE, OUT OF BOUNDS: TOO LOW VS. 694.333349609375
 Carotene, beta : 1586.4625, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0
 Carotene, alpha : 0.25, mcg
 Thiamin (B-1) : 0.63201255, mg
 Riboflavin (B-2) : 0.6862501, mg
 Niacin (B-3) : 7.10215, mg
 Pantothenic acid (B-5) : 0.7977126, mg, OUT OF BOUNDS: TOO LOW VS. 1.666666603088379
 Vitamin B-6 (Pyridoxal) : 0.38917497, mg
 Folate, total : 131.1375, mcg
 Vitamin B-12 (Cobalamin) : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 0.6666666507720947
 ---Vitamin B-12 : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 0.6666666507720947
 Vitamin C, total ascorbic acid : 9.60875, mg, OUT OF BOUNDS: TOO LOW VS. 25.0
 Vitamin D : 0.0, IU, OUT OF BOUNDS: TOO LOW VS. 66.66666870117187
 Vitamin E : 0.0, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 ---Vitamin E (alpha-tocopherol) : 8.466125, mg
 Vitamin K (phylloquinone) : 135.63626, mcg
 Cholesterol : 0.0, mg
 Choline, total : 31.4325, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
 Cryptoxanthin, beta : 0.0875, mcg
 Lutein + zeaxanthin : 2922.7375, mcg
 Lycopene (prevents UV damage) : 0.0, mcg
 Tocopherol, beta : 0.100375, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 0.63362503, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758

Tocopherol, delta : 0.030000001, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Folic acid : 46.2, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
 Folate, food : 84.93751, mcg, OUT OF BOUNDS: TOO LOW VS. 133.33333740234374
 Folate, DFE mcg_DFEFolate, : 163.53749, DFE
 Betaine : 65.43375, mg
 Alanine g (helps enlarged : 1.19155, prostate)
 Arginine g (good for mitigating fatty : 1.2626625, liver), OUT OF BOUNDS: TOO HIGH VS.
 0.3333333253860474
 Aspartic acid : 1.6747875, g, OUT OF BOUNDS: TOO HIGH VS. 0.666666507720947
 Cystine : 0.305, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
 Glutamic acid : 5.855663, g
 Glycine : 0.92021257, g
 Histidine : 0.484575, g
 Isoleucine : 0.7647375, g
 Leucine : 1.8571, g
 Lysine : 0.552275, g
 Methionine : 0.2798875, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
 Phenylalanine : 1.0190874, g
 Proline : 1.6286, g
 Hydroxyproline : 0.0, g
 Serine : 0.9187251, g
 Tryptophan : 0.2517875, g
 Threonine : 0.61810005, g
 Tyrosine : 0.5676875, g
 Valine : 0.92433745, g
 Fatty acids, total trans : 0.00425, g
 ---Fatty acids, total trans-monoenoic : 0.0030, g
 16:1 t (trans-Palmitoleic acid) : 0.0030, g
 18:1 t (trans-Oleic acid) : 0.0, g
 22:1 t (trans-Erucic acid) : 0.0, g
 ---Fatty acids, total trans-polyenoic : 0.00125, g
 18:2 t not further defined : 0.00125, g
 18:2 t,t : 0.0, g
 Fatty acids, total saturated : 2.2604125, g
 4:0 (Butyric acid) : 0.0, g
 6:0 (Caproic acid) : 0.0, g
 8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.0054, g
 10:0 (Capric acid: melts @ 31.3 deg C) : 1.00000005E-4, g
 12:0 (Lauric acid) : 0.007275, g
 13:0 : 0.0, g
 14:0 (Myristic acid) : 0.00985, g
 15:0 (Pentadecanoic acid) : 0.0, g
 16:0 (Palmitic acid) : 1.8688499, g
 17:0 (Margaric acid) : 0.003125, g
 18:0 (Stearic acid) : 0.323725, g
 20:0 (Arachidic acid) : 0.029125001, g
 24:0 (Lignoceric acid) : 0.0, g

22:0 (Behenic acid) : 0.0085625, g
 Fatty acids, total monounsaturated : 12.998537, g
 14:1 : 0.0, g
 15:1 : 0.0, g
 16:1 undifferentiated : 0.1612875, g
 16:1 (Palmitoleic acid) c : 0.05775, g
 17:1 : 0.0140625, g
 18:1 undifferentiated : 12.801186, g
 18:1 (Oleic acid) c : 7.66165, g
 20:1 : 0.021937499, g
 22:1 undifferentiated : 0.0, g
 24:1 c (Nervonic acid) : 0.0, g
 22:1 c (Erucic acid) : 0.0, g
 Fatty acids, total polyunsaturated : 4.943875, g
 18:2 ---undifferentiated (n-6=Linoleic acid) : 4.8034, g
 18:2 n-6 c,c (Linoleic acid) : 3.01375, g
 18:2 i : 0.0, g
 18:2 CLAs : 2.5E-4, g
 18:3 ---undifferentiated (n-3=a-Linolenic acid) : 0.13932501, g, OUT OF BOUNDS: TOO LOW VS.
 0.6
 18:3 n-3 c,c,c (a-Linolenic acid) : 0.0092625, g, OUT OF BOUNDS: TOO LOW VS. 0.6
 18:3 n-6 c,c,c (Linolenic acid) : 0.0, g
 18:3i : 0.0, g
 18:4 : 0.0, g
 20:2 n-6 c,c : 0.0010, g
 20:3 undifferentiated : 0.0, g
 20:3 n-3 : 0.0, g
 20:3 n-6 : 0.0, g
 20:4 undifferentiated : 6.0E-4, g
 20:4 n-6 (Arachidonic acid) : 0.0, g
 20:5 n-3 (EPA: Eicosapentanoic acid) : 0.0, g
 21:5 : 0.0, g
 22:4 : 0.0, g
 22:5 n-3 : 0.0, g
 22:6 n-3 (DHA: Docosahexanoic acid) : 0.0, g
 Phytosterols : 16.35, mg, OUT OF BOUNDS: TOO LOW VS. 50.0
 ---Stigmasterol (a phytosterol) : 1.0, mg
 ---Campesterol (a phytosterol) : 1.25, mg
 Beta-sitosterol : 33.0, mg

Number of nutrients above maximum target limits: 3
 Number of nutrients within target limits: 114
 Number of nutrients below minimum target limits: 23